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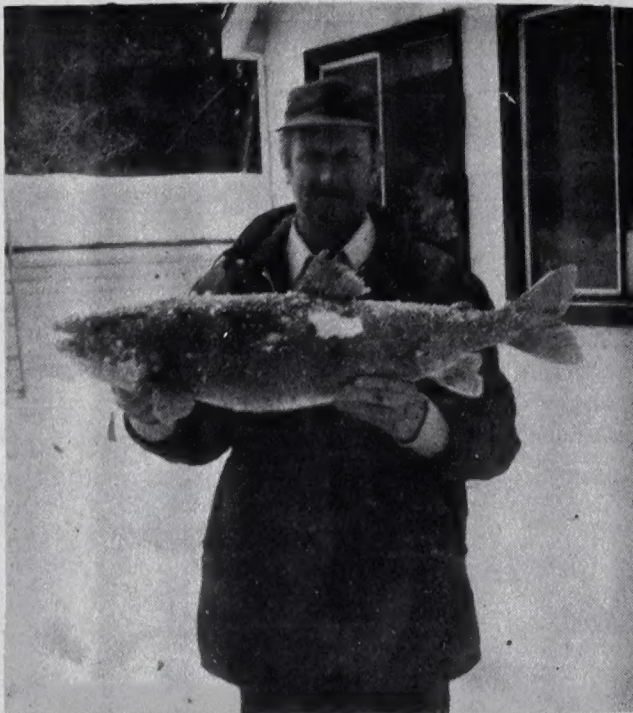


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**Boshkung Lake beauty weighs
in at 17 lbs. 1 oz.**

Although catches on some area lakes have been down this year, Boshkung Lake rendered a 17 lb. 1 oz. Lake Trout at 7:30 am last Sunday morning to angler Steve Keane from Milton, Ontario. One of six fishermen staying at Kinsman's Cottages on Highway 35, Mr. Keane's group landed a total of 15 fish. Congratulations.

Timekeeper:

Your heart works harder
when you're not in the game.
Get fit—and turn the
clock back.

Fire Marshall may be called in to Norland home fire

NORLAND—A fire, early last Friday morning, completely destroyed a two storey home in the town of Norland. The home belonged to John Douglas Johnson.

Bexley Township Fire Dept. answered the call and the loss of the home has been estimated at between \$30,000 and \$35,000, according to police. No cause has been established but police are continuing the investigation under Constable Harry Livingston, who has been placed in charge of the case.

OPP Sergeant Vince Jones stated that the Ontario Fire Marshall's office may be called in to determine the cause of the blaze.

Major changes coming for moose hunt in '80 says Auld

Major changes are being considered for Ontario's 1980 moose hunt, Natural Resources Minister James Auld said last week. The herd hasn't increased since 1975 when seasons were shortened to reduce the harvest. Mr. Auld said that last fall's cool, clear weather brought ideal hunting conditions and encouraged 70,000 hunters to take just over 9,000 moose.

"That's more than wildlife managers had planned for," he said. "When the problem of overharvest was recognized in 1975, the ministry took immediate steps to build up the declining herd—we were optimistic the downward trend in herd size could be reversed."

The minister said that in 1975 it was decided to limit the kill in overharvested areas by providing shorter seasons between the rut and snowfall. "It's now clear that this method alone won't reduce the harvest in critical areas" he said. "Consequently, much of the moose range remains understocked. "We're now evaluating ways to allow more predictable controls of the harvest," he said. "We'd also like to encourage hunters to use under-harvested ranges."

Mr. Auld added the control of hunter numbers in overharvested areas would provide wildlife managers with one of the tools necessary to deal with local conditions. "Control of hunter numbers in critical areas may avoid the need to shorten seasons further he said. "Our objective will be to provide longer seasons which include both the moose-calling season in September and snow tracking later in fall."

Letters to the Editor:

Dear Sir:

After reading in your paper (Feb. 21st issue), the statement Mr. Barber made at the Stanhope council meeting re: the Stanhope Firefighters' Hall and I quote Mr. Barber, "this building was built through Wintario grants and the hall belongs to the people of Stanhope."

I believe Mr. Barber should take into consideration that if it were not for the volunteer firemen of Stanhope (including the past members) donating many long hours of their different skills of building, plumbing, electrical work etc. there would not have been any "Wintario Grant" and probably no such hall.

I think on this matter credit should be given where it is due. M. Cowen

The Highlands Express

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Car jumps plowed cones on 35, Scarborough man charged

MINDEN — Opp report the following activity for the period Feb. 20-26. During this time the staff investigated nine reportable motor vehicle collisions and 50 general occurrences.

On Saturday, Feb. 24 a Scarborough man was charged with careless driving as the result of a two vehicle collision on 35. Jack Wilburn 57 of Hamilton was southbound on 35, entering a curve, when his truck was struck by a northbound vehicle driven by 19 year old Scarborough man, Harvey Lawrence Henderson who was travelling north when his car hit the east shoulder, went up on a snowcone then came back down, across the roadway and struck the truck. Henderson was charged at the scene with careless driving by PC Pearson. Damage: truck \$2000, the car \$1500. No injuries reported.

WEST GUILFORD MAN CHARGED

On Tuesday, Feb. 20th a West Guilford man was charged by police with failing to yield in a two vehicle collision. Wray Knowles 20, of West Guilford was southbound on Hwy. 519, stopped at the junction of 519 and 530, about to turn left when he pulled into the path of a truck driven by Leonard Evans 54 of Bancroft. Both men suffered minor injuries while damages were \$2500 to each car. PC Brian Dunham.

HALIBURTON RESIDENTS COLLIDE ON CTY. RD. 6

On Wednesday, Feb. 21, two Haliburton residents travelling in opposite directions on Cty Rd. 6 collided after one vehicle went out of control on an ice-water patch of the roadway.

Eleanor Placquet 22, of Haliburton was westbound when she drove over an ice-water patch causing her to lose control, cross into the eastbound lane and hit a truck driven by James R. Bottling 51 also of Haliburton. Damages: \$2000 to the car and \$2000 to the truck. PC Brian Dunham.

\$900 DAMAGE IN SINGLE CAR ACCIDENT

On Friday, Feb. 23, Reginald Wills 54 of Hamilton was eastbound on Hwy. 530 came around a curve and down a hill, lost control of his vehicle on icy roads and struck guide posts on north side of the road. Damage to the car, \$900. PC Pearson.



Thinking Slim

BY JEAN NIDETCH

Did you give — or get — a camera for Christmas? One young woman I know got one of those instant, self-developing miracles and, she says, she's finding it a wonderful aid on her way down from 155 pounds to 120.

"I always hated cameras," Phyllis says. "When you're fat, you never like being photographed. But you pretend to enjoy it, the way you do a lot of things to save face."

At every big family gathering, she says, someone would produce the inevitable camera and call for everyone to crowd around the table.

"There I'd be, either jammed down in front, spreading out in front of everyone, or squeezing in on the end. And I'd pretend to ignore the occasional remark that tore me apart: Hey, Phyllis, you come down here and Mark and Audrey can stand where you were!"

Then, she says, she'd have to look at herself. "There I'd be, big, fat Phyllis with that big, happy smile on my face."

TUESDAY NITE

COMBINES

Marnie Bunn rolled high triple of the night with 222, 266, 247 for 735.
B. Patton 194,278,236 708
P. Foster 229,224,248 701
A. Beatty 284,207,173 664
M. Medcalf 205,230,215 650
Games over 200:
Alice Jones 278
Anne Baker 273,226
B. Medcalf, Jr. 231,234
Jack Yateman 252
Ian Coltman 240
Gail Medcalf 239

Inside I was miserable and self-conscious and promising myself that starting tomorrow — after the cheese cake and the lasagna — I'd really go on a diet once and for all."

And, as has happened with so many of us, tomorrow came and went — along with other cheese cakes and other family pictures for the family album.

Finally, though, Phyllis went on a weight control program in October. "By Christmas, I'd lost 17 pounds. I was invited to a distant relative's for the holidays, one I hadn't seen for months, and it was wonderful. Everyone congratulated me about my weight loss — about my new cheekbones — I was delighted!"

"Especially when it came time for the group picture and there was ample room for me."

"I even liked the way I looked in the picture. My smile was genuine and I could anticipate how much more attractive I'd be next Christmas, when I'm finally at goal weight."

"In the meantime, I got a camera as a gift and every two weeks a friend snaps a picture of me. Even if I've only lost one pound or part of one, it still pleases me to put that picture in the 'before and after' album I'm keeping and to compare it with the ones when I took up the place of two relatives!"

In short, Phyllis is developing a new way of looking at herself. How about you?

The Bible has been translated into nearly 1,500 languages and dialects, and linguists around the world are working on 500 new versions.

Ask Alma

Dear Alma:

I am a 10-year-old girl about four foot six inches tall. Everyone thinks that I am kind of fat. I would like to know how to figure out what your weight is supposed to be. — Madison, Wis.

Dear Madison:

According to the chart in my doctor's office the normal weight for a young girl your height and age should be 61 to 82 pounds. But, YOUR weight depends upon your body structure, etc. Check with your family doctor for what your own weight should be. If you are overweight, he can recommend a sensible, enjoyable diet. Generally cut down on your sweets and starches, do some exercises and be patient. Within the next couple of years you're due for a real spurt of growth, and if you eat sensibly, nature might take care of the problem for you.

HAVE A PET PEEVE to air? Write to ASK ALMA, P.O. Box 43, Closter, N.J. 07624 and watch for the comments in this column.

February is heart month

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W. J. MOORE, By-law Officer

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GOOD NEWS

by Reverend David Barker

THE PRAIRIE FIRE

In the 1930's in the mid western United States there was a severe prairie fire that destroyed thousands of acres of farmland. It raged for days and swept over the land without regard for what lay in its path. Finally it was subdued and those who once boasted of fine farms had only ashes to contemplate. After the fire two men walked through the debris of their farm, hoping that there might be some small thing still of value. One spied a lump on the ground and in his dejection gave it a hefty kick. The lump exploded into a cloud of ash. Something bright yellow lay beneath the ash. There, huddled close together and very much alive, was a family of chicks. Closer inspection revealed that the clump was really the remains of a mother hen. Instead of fleeing the coming blaze and leaving her young ones to perish, she gathered them under her and saved them from the fire, at the cost of her own life.

Those chicks were fortunate to have a mother hen who so cared for them, and were fortunate to be so obedient. Jesus, shortly before his death, while

he contemplated the Holy City, said 'O Jerusalem, Jerusalem, killing the prophets and stoning those who are sent to you! How often would I have gathered your children together as a hen gathers her brood under her wings, and you would not!' (Matthew 23:37).

How fortunate for us that the love of God is so extreme that Jesus was willing to stand in the face of the dire consequences of sin and die for us! There is no need for us to suffer the penalty of sin. What a blessing that we can come under the protection of Jesus.



Behind the Seams

BY PEGGY BENDEL

Have you ever admired an antique embroidery sampler and been amazed to read the tender age of the artist identified in the cross-stitched legend? Our foremothers began their sewing education at the earliest possible age, as soon as they could hold a needle. By their sixth or seventh birthday, they often had museum quality work to show for their labors.

And, labors they were. Sewing was serious business then, before we had machines and modern materials to speed the work, and children learned from stern taskmasters. Luckily, sewing is still part of our children's education, though hardly the grim process it was long ago.

In our public schools, sewing typically forms part of the junior high home economics curriculum. The big news is that sewing has gone co-ed by federal decree, and the non-sexist flavor of current teaching materials encourages every student to learn this craft. Taught in some systems as part of a "Singles Survival" course, and in others as a creative way to dress on a budget, sewing has become so popular that some teens even arrange sewing dates to pursue their interest.

Of course, children don't have to wait until the seventh grade to enjoy needle crafts. During 1976, the bicentennial year, one fifth-grade class combined history with practical skills by making a pictorial quilt from felt squares. Recently, a New Jersey nursery school class sewed charming decorations for the lobby Christmas tree using pre-punched construction paper shape, large blunt needles and colored yarn. Other simple

tarded and learning disabled children. needlecraft projects have been used as learning tools in early classes for re-

A female horse has 36 teeth; a male horse 40.

"We need rail transport for aggregates" Somerville Deputy

At a recent meeting of Victoria County Council, Deputy Reeve Leon Wright of Somerville Township struck a resounding note in favor of continuing service on the Lindsay-Haliburton CNR line. "It came when he pointed out the possibility of needing rail transportation to convey aggregate rocks from Somerville Township to the Southern Ontario markets.

His remarks followed the reading of a letter directed to the attention of the Railway Transportation Committee secretary, by John Eakins, MPP for Victoria-Haliburton, opposing the proposed abandonment of the CNR line, and requesting a full round of public hearings.

Fenelon Township Deputy Reeve Mervyn Moore termed the continuing of service as a 'costly operation serving no one but he urged the right-of-way be maintained as public property'.

Ron McCumber, Emily Reeve, suggested changing the type of service possibly as a passenger service to boost tourism in the Haliburton area.

Tom Prentice's Fiat flips over in ice races

MINDEN — The Kinsmen Club ice races scheduled for this past weekend and sponsored by the Barrie Automobile Racing Club were cancelled due to the very wet conditions of the track. However they have been rescheduled for this weekend, weather permitting.

Some final results have come in for the races held on Saturday and Sunday, Feb. 17-18. The overall winner of the feature race was Bill LeFeuvre of Limehouse, Ont. driving for the Credit Valley Car Club. This is the third time in two years that LeFeuvre has won the feature race. Winner of the consolation feature went to John Gilroy of BARC.

The "Schlosser Corner" claimed Minden's lone entry in the feature race. Tom Prentice and his wife, co-driver Marg, were going well in third place, with just three laps remaining in the race when their Fiat hit the snowbank on the Schlosser corner and turned over onto its roof knocking them out of the race. No injuries were suffered but Mrs. Prentice informed The Express on Monday that husband Tom had the car repaired and was ready for the weekend.

The Kinsmen Car draw was held on the 17th and the winner was Ivan Rand of Huntsville. Mr. Rand upon hearing he won, immediately sold the car to John Fitchett of Minden who plans to race the VW on the weekend.



Bill LeFeuvre heads around the final corner of the Minden Ice Race track in last week's races, on his way to taking the checkered flag as winner of the feature race. The lower photo shows track marshalls at the ready in the very fast studded feature race at the recent ice races held in Minden. In case of accidents these marshalls are equipped with flags to warn other cars of the danger.

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HALIBURTON — ONTARIO

Heart Month

Today's Pacemaker Patients Let Their Fingers Do The Talking

Most of the half-a-million people around the world who have pacemakers controlling their heartbeats lead lives like those led by other people the same age. Pacemaker wearers climb mountains, are cheerleaders and even have run in the Boston marathon.

However, every so often the pacemaker wearer has to check in with his or her physician to monitor the performance of the heart and the tiny little device that controls the rate at which it beats.

Today, new advances in electronics and medicine let these patients check in with their doctor without ever leaving home. They do it by telephone.

A device called the telephone monitoring system allows the patient to send an instantaneous electrical report of both his heart and pacemaker performance to his physician. This transmission is made simply by dialing the physician's office, attaching sensors from the monitoring system to his fingers, and letting the monitor do the rest. It sends a high quality electrocardiogram and other information to the doctor's receiving unit.

When the physician, or his assistant, determines that an adequate measure of the patient's heart performance has been made a button is pressed which signals the patient to pick up the phone. After setting up another appoint-

ment (usually for a month or two later), the procedure is completed.

The patient is spared the time and much of the expense of an office visit. The physician is able to keep electronic tabs on his patient's performance.

Early models of this device required the placement of large electrodes under the patient's armpits. Often, to enhance electrical conductivity, they had to be dipped in

a salt water solution. Needless to say, it was uncomfortable.

Today's advanced telephone monitoring systems are smaller and work with tiny finger-tip electrodes which simply slip on the finger of the patient. They are much more convenient, and they are more reliable, too.

In fact, for pacemaker patients, letting their fingers do the talking is the preferred way to make an office call to their physician.



This woman's heart is talking to her doctor. Both her heart function and pacemaker function are being instantaneously checked by a pacemaker monitoring clinic more than 30 miles away. Some pacemaker patients have even maintained their telephone monitoring schedule while thousands of miles away vacationing overseas.



Family Physician

BY DR. JAMES G. PRICE

Q. Are all birth control pills about the same with the only difference being in the pharmaceutical house which manufactures them?

A. No. The vast majority of oral contraceptives contain a mixture of estrogens and progestins — both hormones. The amount of each of them varies from pill to pill, and this can make a difference in the effect on any given woman. We try to use the pill with the least possible amount of estrogen in it, since it is the estrogens that have been linked with clotting disorders which can show up as strokes or clots in the lung (pulmonary emboli). Sometimes this doesn't work and we have to go to a pill with a larger dose in order to avoid mid-period bleeding or some other undesirable effect. It's really a matter of matching the hormone content of the pill to the woman, and in some cases we have to try several before we hit upon the one that works best. There is an oral contraceptive pill which contains progestins only, but this product is not used as often since bleeding is irregular and may mimic signs of uterine malignancy.

Some of the combination pills (containing both estrogen and progestin) include seven other pills in the monthly package. These pills don't contain hormones, but instead may have some iron or milk sugar in them. This 28 pill package is most useful for the woman who loses count while taking the 21 pill package and can't remember when to start it again. The larger pack permits her to take a pill every day with no need to stop for a week.

Q. Is it possible to get pregnant while taking the pill?

A. Yes, it is, but the chances are very small. Pregnancies occur much more often with other forms of contraceptives.

Q. I've read a lot about the serious illnesses that can result from taking the pill. Is there any way to predict or prevent these disasters?

A. There is no absolutely accurate way to detect impending catastrophes from the pill. However, if you've ever had even a small stroke, if you've ever had trouble with varicose veins, if you're over 40 years old, or if you smoke very much, the oral contraceptives probably aren't

for you. Women who develop headaches or blurring of vision while on the pill should inform their physicians promptly since this is sometimes the only warning signal that a stroke is about to occur.

Q. If you had a daughter who didn't want babies right now, what form of contraception would you advise for her?

A. All in all, in a healthy woman, I think that the pill is probably the surest and safest. Incidentally, I do have two daughters!

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Sports

MINDEN MINOR HOCKEY

PLAY-OFF ACTION

Wilson Lorimer peewees edge

Minden in Tri County playoffs

Game 1 at Minden—Fenelon 4, Minden 4

The first game of this best two out of three series between Wilson Lorimer Peewees of Fenelon Falls and Minden set the tempo of what was to become one of the finest series of hockey ever played between these two towns.

Doug Boilt led Fenelon in this first game with two goals while Tom Worsley and Mark Schnieder added singles. Jeff Howe scored the hat trick for Minden with John Dillon netted the first of his five goals in this series. The three stars went to Howe, Boilt and John Dillon.

Game 2 at Fenelon—Fenelon 2, Minden 2

The series continued as the finest in the area during playoffs. Boilt and Blair Clutton tallied for Fenelon with assists to Peter Handley and Mark Schneider. Howe and Mike Gorveatt replied for Minden. The three stars were Larry Anderson, Pat Cook and Mark Schneider.

Game 3 at Fenelon—Fenelon 3, Minden 3

Scoring for Minden in this game were Howe, Dillon and Kevin Forbes. Doug Powell, Blair Clutton and Greg Pendlebury tallied for Fenelon. Three stars went to Clutton, Howe and Dillon.

Game 4 at Minden—Fenelon 5 and Minden 4

The first and second periods of these games are ten minutes while the third is 15 minutes. At 4:44 of the first, Greg Pendlebury opened the scoring assisted by Peter Handley and Edt Cragg. In the second at the seven second mark, Dillon took a per-

fect pass from Howe and flipped the puck over the Fenelon goalie to tie the game at 1-1. Then at 4:33, Boilt took a pass from Pendlebury and scored to give Fenelon a 2-1 lead. At 6:48 Dillon from Howe tied it 2-2. With just 21 seconds left Boilt scored his second from Cragg with Fenelon ahead 3-2.

Minden opened the third and at 4:44 Dillon scored to make it 3-3 when Kevin Forbes scored to give Minden the lead. Then with 49 seconds remaining and the game tied up it appeared that overtime was necessary but with only eight seconds left Warren Walker flipped the puck over a sprawling Minden goalie to end the series. The three stars are Warren Walker, Greg Pendlebury and John Dillon.

Peewees in Ont. quarter finals

MINDEN— This past week the OMHA Peewees eliminated the final team in their own Northern division group to now advance to the All Ontario Peewee 'D' quarter-finals against Tamworth. This quarter-final series will be a best two out of three series with the first game at the Centre in Minden on Saturday at 4 p.m.

Minden has had its hands full with Ops all season, with each team winning two games during the regular season. However, in the league championship series, which was a best two out of three affair, coach Gary Warburton had the boys ready.

In the first game at the Centre, on Tuesday, Minden came out in the first period and built a 3-0 lead. They then coasted to a 5-1 victory. Jeff Stamp led the Minden attack with two goals while singles went to Tom Closs, Greg Newell and Doug Schell. Kevin Warburton set up three of the five goals.

Then on Thursday evening in Ops, Minden jumped into a 1-0 lead early in the first period and hung on for a 1-0 victory. Jeff Howe, up from the Tri-County Peewees cashed a rebound for the margin of victory.

We wish the Peewees much luck on their quest for another All Ontario Championship.

Advertising... points the way to better buys.

On Sports

BY JOHN DALTON

Of course, golf in America has grown fantastically since the forerunner of today's PGA tour — the winter events in Florida, Texas and on the West Coast — started in the early 1920s. Now the passport to riches seems to be: Fore!

The total purse for the more than 40 men's tournaments last season hit a record \$10.3 million. Just 20 years ago it first broke the \$1 million figure.

"We expect that tournament purses will reach \$12.5 million in 1979 and will climb higher in the following years," notes Deane Beman, PGA Tour commissioner. He credits a new three-year TV package worth \$30 million.

How are the stars doing? Just look at the top 1978 money winners: Tom Watson, \$362,429; Gil Morgan, \$267,459; Andy Bean, \$267,241; Jack Nicklaus, \$256,672; Hubert Green, \$247,406, and Lee Trevino, \$228,723.

Yet, Beman proudly cites a remark by a writer in the *The Sporting News*: "The PGA tour has a hundred or more golfers who are about a half-inch apart in ability. No other sport is anywhere near it in competitiveness."

And Beman hopes 1978 will be remembered as the year that ended slow play.

"The program to improve the pace of play was an instantaneous success and, for the remainder of the year, rounds averaged just over four hours," he says. The previous duration for 18-holes of play often was nearly five hours.

Next? Says Beman: "In 1979 we expect to be deeply involved in the construction of the PGA Tour's own golf course, the Tournament Players Club."

Its Ponte Verda, Fla., site will become the PGA national headquarters.

And how about the women?

In its 29th year, the LPGA Tour has more than 170 players competing for about \$4.4 million — its richest payoff ever.

Chemong Lane places 3 champs in 4 Steps to Stardom finals

The second step in the Youth Bowling 4 Steps to Stardom tournament was rolled on Sunday in Port Hope, Cobourg and Bowmanville, to determine nine championships from zone J to go on to the Provincial championships.

Carnarvon Lanes had six single competitors at these Regional rollofs on the weekend and they didn't win but they did pick up some valued experience for the future.

Chemong Lanes in Peterborough came through with three of the nine titles. They captured the bantam boys team title and the senior girls team title. Bob Chesher won the junior boys singles title for Chemong as well.

Oshawa Lanes picked up two champions, the senior boys and Dale Strutt captured the senior boys singles title.

Ajax Bowl also won two events, the junior boys championship and Danny Chamberlain won the bantam boys singles.

Motor City Bowl in Oshawa captured two titles, junior girls team and Alison MacMillan won the bantam girls singles crown. Cobourg's Brenda Cline was the senior girls singles champion, Whitby Bowl's Bonnie Sue Childs captured the junior girls singles crown.

These nine champions now advance to the 3rd step in the 4 Steps to Stardom trail to be held in Toronto March 18th. The winners then go to the National championships in BC, May 4, 5.

The following youngsters took part in Sunday's tournament: bantams, Peggy Conway and Andrew Boyes; Juniors Barbara Adams and Kevin Warburton and seniors Cathy Darby and Warren Mann.

Cathy Darby to compete in Sportsman Show

Carnarvon Lanes YBC executive has entered Cathy Darby of Ingoldsby in the 1979 Sportsman's Show which runs from March 16th to 24 at the CNE. The initial step in this tournament for Cathy will be three games for qualifying during the school break. She will roll her qualifying round at 2:30 pm on Thursday, March 22. Following this, the top five senior girls will advance to a match play stepladder final on March 24th to determine the show's winner. Good luck, Cathy.

February W. I. report

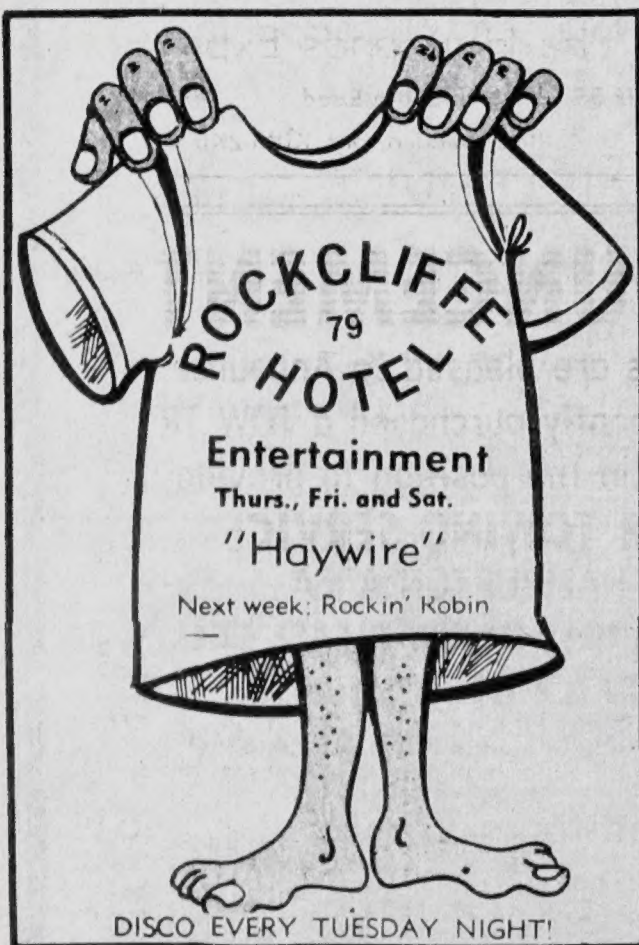
The monthly meeting of Minden's Women's Institute was held at the United Church hall last Wednesday. President Mrs. Lyman Cox welcomed everyone then introduced Clare Brown, first vice president who was in charge of the meeting. Mrs. Cox, also assisted, taking the secretary's duties as Mrs. J. Hulbig was unable to be present.

After the opening with Mrs. P. Clarke at the piano reports were read. Twenty members and two guests were present, some of whom gave us gardening hits and one guest, Mrs. Brooks was welcomed as she became a member.

Mrs. W. Moore reported sending 33 cards since the last meeting and collections for this fund and pennies were taken. There was a report given by Mrs. Moore on our bus trip with more details to follow. Mrs. L. Cox informed us that a member, Irene Bunns is now at Hyland Crest Home and will be pleased if friends visit her there. Mrs. Ernest Hewitt convenor, gave an informative paper on wool and hte manufacture of woolen material and recalling her mother using the spinning wheel. She also told us of the process of making the popular suede goods. Mrs. Sears, curator, read several histories submitted by Ruth Kellett included in this was the Swan Ackerbode family, the Dutch Lines and settlers on the Bobcaygeon Road south of Minden. There also were some copies of pictures to go along with these stories and these were passed around for everyone to see.

The meeting adjourned after the singing of God Save the Queen and WI Grace. On the raffle of the little gift, winner was Rheta Brown. All then enjoyed a cup of tea and the goodies at the buffet table supplied by the committee. The next meeting will be at St. Paul's Parish hall on Wednesday, March 21st at 2 pm and anyone is welcome to come and join the women's institute.

Jeanne Sears, PRO



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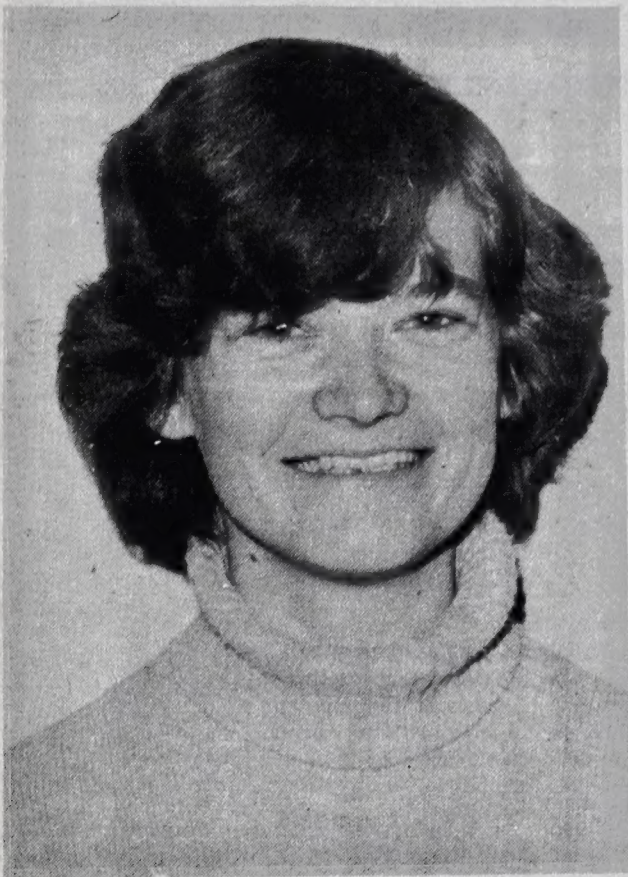
Beaver Theatre
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Wilderness Family 2
America's favorite family is back!

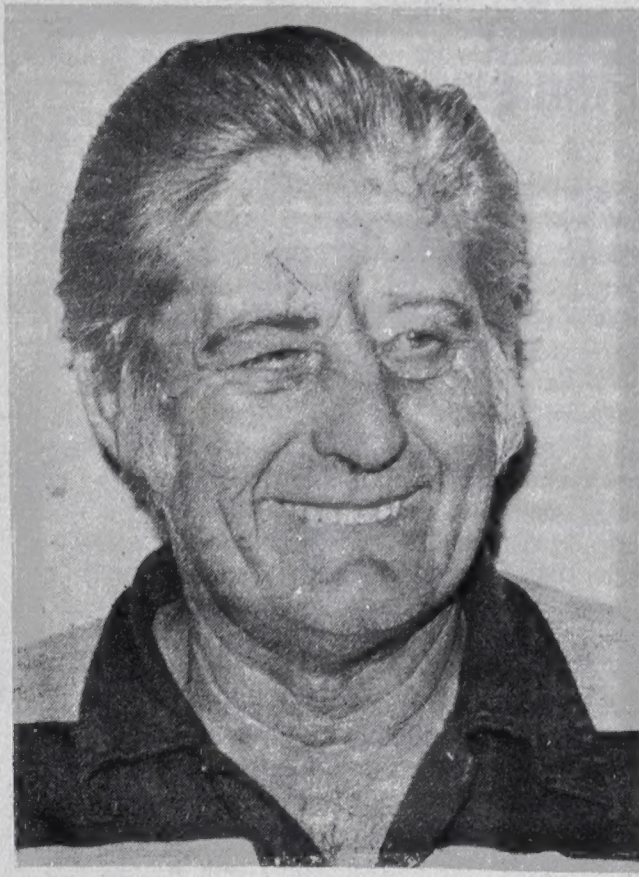
BOWLING

by Cliff Burke

Maple Lake executives win PST tournament



MINDEN — Marnie Robinson captured the President's Division at Carnarvon Lanes on Sunday afternoon in the 1000 Lakes Bowlers Association's President, Secretary and Treasurer Zone Finals. Miss Robinson rolled a super 233 pins over her average.



MINDEN — Ron Robinson Sr. will join his daughter Marnie in London in April, hoping to win the Provincial championship of the President, Secretary and Treasurer tournament. Mr. Robinson posted the highest pins over average score for Secretaries, 165, to win the division at Carnarvon. Also joining Ron and Marnie in London, will be the winning treasurer, Debbie Harding. Miss Harding posted a score of 129 pins over her average.

CARNARVON — On April 7th at Plaza Bowl in London, three members of the Maple Lake bowling league executive from Carnarvon Lanes will be trying to win the Provincial championships. Whether or not one league in a whole zone has captured all three divisions before is immaterial, its been done now.

Marnie Robinson, vice president of the league and bowling in the Presidents division posted a 306 in her first game of the day and coasted from there finally ending up with a 233 pins over average. Second place went to Walter Bailey of Bancroft 149 over and third to Bob Webb of Carnarvon, 89 pins over.

Ron Robinson Sr., Marnie's father came through in the Secretaries division, posting a pins over average of 165. Second went to Wendy Burton of Bancroft 109 and Bill Dowdell of Marmora, 99 over.

In the Treasurer's division Debbie Harding came up with a 284 single in her first game and then held off Carnarvon's Ivan Clark to win with 129 pins over her average. Ivan was 80 over and third place went to Eva Piper.



MINDEN — Each year Hoult-Hellewell Trophy Gift Sales gives approximately \$1500 to the Ontario Bowlers Congress toward prizes in their Mail-O-Graphic team tournament. As appreciation for this, leagues around the province purchase their year end awards from them. Carnarvon Lanes is no exception and many of the executives turned up last Thursday evening to purchase their banquet awards. On behalf of the bowlers we thank Russ Paul of Hoult Hellewell for coming to Carnarvon and setting up a very beautiful trophy display. It was almost as complete as their show room.

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Think small

by Jim Smith

Without a Silver Spoon

Basically, society breaks down into two groups: the rich and the rest of us. But the rich aren't all alike, no matter what we peasant types might think. Some were born with silver spoons in their mouths. Others are self-made. And the two groups don't mix.

The silver spooners knock the self-made, "nouveau riche" they taunt. But there's at least one solid advantage in being self-made: if financial disaster strikes, the self-made have a pretty good idea of how to start over.

Nations, provinces and even regions, it turns out, are not all that different from wealthy people. Some regions are born into comfort while others — fighting heavy industrial odds with hard work — have only recently acquired some prosperity.

There's a good example of self-made regional prosperity about 200 miles southeast of Montreal in the heart of what should be an industrial wasteland. The local residents refer to their area as la Beauce and call themselves les Beaucerons. In every respect, the story of la Beauce and les Beaucerons is entirely remarkable.

La Beauce lacks virtually everything an industrial region normally needs: seaports, rivers, airports, close proximity to large urban markets, plenty of natural resources and access to large financial institutions. What it does have is determination. Les Beaucerons have used their industrial handicaps as psychological tools in the creation of their own regional economy.

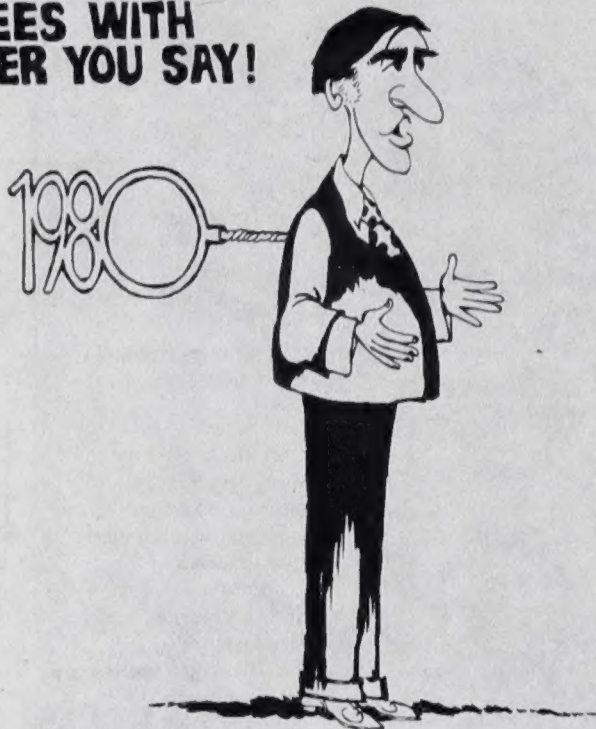
Almost 200 industries (including steel, wood, clothing and food) are represented in la Beauce; only seven years ago, just half that number existed. Last year alone, the rate of new job creation increased by 12%.

The success of la Beauce is hardly a secret. Recognizing that they couldn't expect established firms from outside la Beauce to relocate in the region, les Beaucerons established credit unions which used local savings to foster locally-owned companies. Virtually every one of the local businesses is locally owned. And each of the firms is small (although some have close to 50 employees, the majority have considerably less).

The workers in la Beauce pull together. Wage rates are equal to Montreal wages — but productivity is higher. The Central Mortgage and Housing Corporation has determined that construction costs are lower in la Beauce than in the rest of Quebec — even though the hourly wages

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MARGULIES

are identical. From time to time, when a new civic building is needed, the local workers chip in and donate their services.

Times are tough in the rest of Canada — including regions which have traditionally enjoyed enviable prosperity. But, in la Beauce, condi-

tions have never been better. The region no longer tries to attract large corporations from outside Quebec; those corporations never came anyway — and now there's no need for them.

The rest of Canada continues to dream up new ways to attract multinational in-

dustry in the belief that there is no other route to economic prosperity. Instead of studying the industrial economies of America, Japan and Germany, maybe our industrial planners should be taking lessons from les Beaucerons.



Canadian Comment

BY PETER WARD

OTTAWA (SF) — These days a fellow with a few bucks set aside for that rainy day had better keep as sharp an eye on the going interest rates as any high-powered financial wizard. If he doesn't, he'll be losing money.

For the past few years it's been tough to collect enough interest on money set aside to match the rate of inflation. In other words, unless you're a whiz at investment, your savings have been decreasing in buying power.

The rapid-fire increases in interest rates we've seen during the past six months have forced ordinary citizens into making a regular assessment of what their money can earn, and switching investment plans.

We may need higher interest rates than the U.S. to keep our dollar from disappearing on the international money markets, but it sure is providing headaches for both government and citizens.

There's plenty of mortgage money around, but it's only available at interest rates that are so high that housing construction is discouraged. Miss a payment on your ChargeX or Mastercharge and it multiplies the amount owing like the stock on a rabbit farm in springtime.

The government had to boost the interest rate on the Canada Savings Bonds which went on sale last fall three times, and now that the interest rates commercially have gone even higher, people are cashing in their CSBs at a rate which is alarming to the govern-

ment. The reason? It's easy to get better interest rates on the short term than the CSBs are paying.

The situation has been hammering insurance companies, too. Most older policies have a provision which allows policy holders to borrow at six percent. Borrow on the policy and reinvest the money for twice the interest rate.

But no matter how you twist and turn, you'll still lose buying power, because

don't forget, you have to pay income tax on that interest you earn trying to keep your money even with inflation.

And the biggest borrowers of all are governments, which are financing their operations with ever larger loans at ever larger interest rates. The only possible conclusion is that governments aren't really worried about inflation. The only way the debts can be paid is if inflation keeps booming along, reducing the value of not only what we save, but also what we owe.

There may be a message there somewhere.

In the News



GEORGE BUSH threw his hat into the political ring early this year seeking the Republican presidential nomination. He's former chairman of the Republican National Committee and U.S. ambassador to the U.N.

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Place: Highland Grove School

Fees: \$20.

Time: March 22nd—May 3rd, 7:30-9:30 p.m.

Instructors: CANDLES, Shirley Rydman

OFF-LOOM WEAVING, Mary Wallace

BATIK, Pat Irwin

CANDLES — March 22nd and 29th

Candle making is an exciting and expressive craft, which is not only fun, but can also be profitable. What's more there is no special tools or equipment needed, your workshop is your kitchen.

Shirley Rydman

Shirley has been making candles for several years both for fun and profit.

OFF LOOM WEAVING — April 5th and 12th

This workshop will be an introduction to simple tapestry weaving and one harness loom weaving.

Mary Wallace

Mary is a local craftsman, who works in various media. She owns and operates her own craft shop.

BATIK — April 19th and 26th and May 3rd.

Batik is the art of cold water dyeing of specific fabrics with special combinations of hot waxes to create pleasing designs and color combinations for wall hangings, clothing, pillow covers and other attractive handcrafted articles.

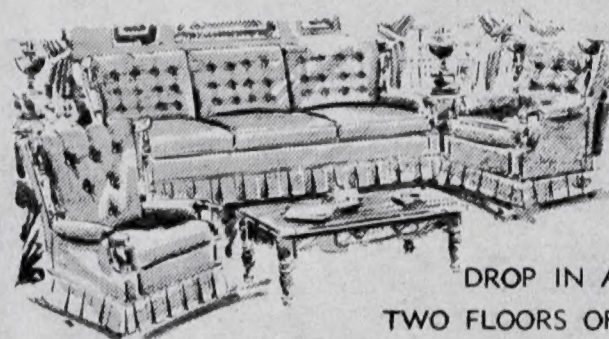
The craft originated in Indonesia and became fully developed in India. One of the main characteristics of batik is the spider web effect. After the introductory sessions batik can be made in your own home with very little equipment and supplies needed.

Pat Irwin

Pat is a local craftsman who has worked in different media, currently she is working in Batik.

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Moose Season Dates Announced For 1979

The 1979 moose seasons will open on the same dates as 1978 except that there will be no moose hunting south of the French and Mattawa Rivers, and the season north of Cochrane will open five days later, on September 27, for both residents and non-residents.

In much of the far north (Albany River area), where access is limited and hunting pressure is low, seasons will open between September 15 and September 27 for residents and between September 15 and October 4 for non-residents. Seasons close in these areas on December 15 and November 15 for residents and non-residents respectively.

The season in northwestern and north central Ontario will be from October 11 to December 15 for residents and from October 18 to November 15 for non-residents. Exceptions include an October 4 resident opening and an October 11 non-resident opening in the Red Lake area, and an October 11 to November 30 resident season and October 18 to November 15 non-resident season in the area north of Geraldton.

The eastern part of the Ter-

ritorial District of Rainy River, where only residents may hunt, will open October 11 and close December 15.

In the northeast, the area between White River and Hearst will have an October 11 to November 15 resident season and an October 18 to November 15 non-resident season. The Hearst - Kapuskasing - Cochrane - Timmins area will have an open season

from October 18 to November 15, while the Kirkland Lake - Gogama - Chapleau area season will run from October 18 to October 31. The Temagami area will be open from October 11 to October 31 for both residents and non-residents.

The season for the Sault Ste. Marie - Blind River - Elliot Lake area will be open from October 11 to October 31 for residents and from October 18 to October 31 for non-residents.

The Espanola - Sudbury - North Bay area will be open from October 11 to October 24 with a resident-only season north of North Bay.

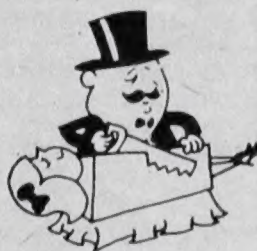
The special archery hunting seasons will again be held this year. The area northeast of Elliot Lake will be open from

September 17 to October 1 for residents and non-residents. The areas south of Timmins and between Kapuskasing and Hearst will have an archery season from September 20 to October 10 for residents and non-residents.

The primitive-weapons (longbow, crossbow and muzzle-loading weapons) season on the Aulneau Peninsula in Lake of the Woods will be held from October 4 through December 15 for residents and October 4 through November 15 for non-residents.

For further or more detailed information, moose hunters should review the hunting summary to be published later this year, or contact their local district office of the Ministry of Natural Resources.

Perform a death-defying act.



Reduce if overweight.

Give Heart Fund

The Hunter's Reward

People across Canada who hunted deer during the recent hunting seasons are now either talking about the bad luck they had, or are smiling at the thought of the venison they have laid up in the deep freeze.

Venison has its detractors, but there are also those who would rather eat venison than any other meat. Properly dressed, skinned, aged and cooked, venison can indeed be a real taste treat. And one of the keys to good venison is in the cooking. The following delicious recipes have all the ingredients to be a thorough success with the successful deer hunter.

Venison Goulash

2 lbs. venison (cut into 1 1/4

inch cubes)
3 tbsp. flour
3 tbsp. bacon fat
1 large onion (sliced)
1 clove garlic (chopped)
1 tbsp. paprika
1/2 cup red wine
1 qt. hot water
salt to taste
1 (5 1/4 oz.) can tomato paste
1 cup sour cream

Roll the meat in the flour, pressing the flour into the cubes. Melt the bacon fat in a skillet, add the onion and garlic. Cook until browned. Add the meat cubes. Brown

well. Add the remaining ingredients except the sour cream. Stir well, cover and simmer gently until the meat is tender or about 1 1/2 to 2 hours. Just before serving, stir in the sour cream. Serves 6.

Venison Steak

4 venison round steaks,
8-9 ounces each (cut 1/4 to 3/4 inch thick)
2 small onions (chopped)
2 medium carrots (sliced)
1 clove garlic (chopped)

1/8 tsp. thyme
2 bay leaves
1/2 tsp. fresh ground pepper
2 cups dry white wine
3/4 cup cider vinegar
1/2 cup water
1/2 cup cooking oil

Place the steaks in a glass bowl. Add the next nine ingredients and allow to marinate in the refrigerator twenty-four hours. Turn the steaks several times. Remove steaks and pat dry. Sauté the steaks in shallow, hot oil until brown on both sides. The steaks are usually served rare, and on a hot platter. Serves 4.



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Samantha
READS YOUR STARS

If you were born this week: Your mind absorbs any and all knowledge, including trivia, so you should be rather careful of the quality of 'food' you feed it. You have a lot of imagination and are likely to have artistic ability. You are intuitive, empathetic, sentimental, and loyal.

ARIES (3-21/4-19): Don't be afraid to show your emotions. Aries. Strong feelings are not a weakness; they're a sign of strength. Play your ace in the hole at the right time and your piggy bank will thank you. You tend to use your instinct to fly by the seat of your pants, but be careful this week.

TAURUS (4-20/5-20): Put your restlessness to good, constructive use. Taurus. Clean out cubbyholes; think of new uses for old articles. Later, share your down-to-earth wisdom with one in need. Week tapers off with an I, for imagination.

GEMINI (5-21/6-20): Activities with friends and groups are highlighted. Then, be careful not to overreact. Gem, especially to that ol' green-eyed monster. Let somebody else sit on that hot potato of insecurity, baby; don't let it be you. Days leap to romantically inclined conclusion.

MOONCHILD (6-21/7-22): You may be very susceptible to influences at this time, some so subtle that you could be unaware of them. Therefore, Moonbeam, it will behoove you to consider certain propositions with extra caution and to take your time doing it. Days also hold get-togethers and kisses.

LEO (7-23/8-22): You may feel as if you're under a dilapidated roof in a rainstorm. Leo. You get a bucket under one leak, just to discover two more. Creativity accounts, for you'll need to improvise as you run out of buckets. Keep smiling, sweetheart; your rainbow will definitely come!

VIRGO (8-23/9-22): You like to feel needed, Virgo, and you enjoy helping others. Respond to this week's S.O.S., but don't ignore your own business in the process. And make time for your own pleasure, too. Your lover waits in the wings!

LIBRA (9-23/10-23): One of your virtues, Libby, is patience. And this week you may need to call on all of it — even your reserves. Keep telling yourself that patience is rewarded. And you know what? It is! Week skips to happy fini.

SCORPIO (10-24/11-22): It's a good thing that you don't mind challenges, Scorp. 'cause the week ahead holds several. Relationships and work projects are only two of the pots that boil. Try to tell it like it is and not like you think it ought to be. Later, lover may seem fickle. But is he?

SAGITTARIUS (11-23/12-21): Attempt to look at others in a realistic manner, Sag. Idealism in relationships can be both unfair and disappointing. Remember that most of us, including you, find those pedestals mighty slippery!

CAPRICORN (12-22/1-19): You're not crazy about change, Cappy. When you get things the way you like them, be it furniture or lifestyle, you want them to stay that way. So it's very easy for you to slip into a rut. This week shakes you out of it in a most pleasant and adventuresome manner. Enjoy!

AQUARIUS (1-20/2-19): Communications are spotlighted this week, Aquari. Make your most advantageous contacts. Being in the right place at the right time is usually the result of both planning and luck. You have both going for you.

PISCES (2-20/3-20): Separate the frills from the basics. You know which ones are the priorities; concentrate on them, Pisces. Don't worry, you'll have time for a few frills, too. Just get work out of the way first. Later, expect a surprise.

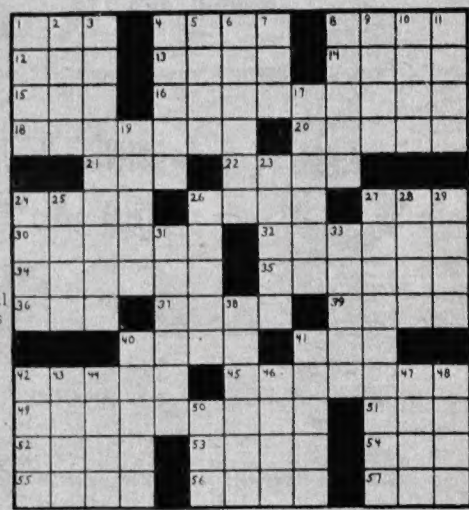
Three R's

ACROSS

- 1 Perform a mathematical function
- 4 Writing tools
- 8 Geologists study it
- 12 Hawaiian wreath
- 13 Heredity
- 14 Odd (Scot.) (prefix)
- 16 Permit holders
- 18 Spanish governor
- 20 Book of maps
- 21 Harvest goddess
- 22 Seines
- 24 Molten rock
- 26 Studied in Mythology
- 27 Studied in Astronomy
- 30 Opposed
- 32 Having a handle
- 34 Fatal
- 35 Avers
- 36 Abstract being
- 37 Wait
- 39 Tilt
- 40 Century plant
- 41 Distress signal
- 42 Make amends
- 45 Sore
- 49 Rise above
- 51 Anger
- 52 — majesty
- 53 Atop
- 54 Self-esteem
- 55 Those who (suffix)
- 56 Norse god
- 57 Oriental coin

DOWN

- 1 — mater
- 2 Scottish devil
- 3 Finds
- 4 Hauls
- 5 Geraint's wife
- 6 — Creed
- 7 Sainte (ab.)
- 8 Expenses
- 9 Russian city
- 10 Length times width
- 11 Scottish girl
- 17 Swimming
- 19 To one side
- 23 Clean a
- 24 Crippled
- 25 Shakespeare's river
- 26 Sun signaling device
- 27 Contents
- 28 Shoshonean Indians
- 29 Bird's home
- 31 Rich furs
- 33 Drawing room
- 38 Rely
- 40 English queens
- 41 Site of modern Saida
- 42 Gudrun's husband
- 43 Very in French
- 44 Hops' kiln
- 46 Opposed
- 47 Insist
- 48 Ponce de
- 50 Dove's call



PROVISIONAL COUNTY OF HALIBURTON ROADS DEPARTMENT

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2 WOOD Kitchen STOVES one at \$125, one at \$200.00. Call 457-2167 after 6 pm. (5)

1970 VOLKSWAGON Westphalia Campmobile, folding roof, fully equipped in good condition, original owner — call 457-1117. (5)

'78 200SX DATSUN, 14,000 KM, 5 speed, call Leslie 489-2442. (5c)

Washer SPIN DRYER, like new \$200. Call evenings 286-2154. (5)

8 cu ft. FREEZER for sale purchased in late fall, \$250 Call Penny 489-2442. (6)

1 Bolens 5 hp Snowblower \$250 and 1 Gilson 5 h.p. Snowthrower, \$300. Phone 457-2167 after 6 pm. (6)

1975 FORD Custom and a 1971 electric start Olympic Skidoo. Call 489-2929. (6)

My own private collection of Copperware, reasonably priced, call Penny 489-2442

1 PHOTO COPIER with all paper and chemicals, \$110. Pls a two wheel BOLENS Tractor, \$160. Call 286-1959 (7)

Siberian Husky pups, black, white, silver gray, 6 weeks old, reg. 454-3025. (7)

GENI Avon subsidiary — guaranteed bathware, serving ware, salad ware, lighted glassware, thermware, terrariums. 457-2836. (7)

Some 33,000 foreign cars a month enter the port of Baltimore, making it the world's leading auto importer.

**NEED HELP
AROUND
THE HOUSE,
PROPERTY,
COTTAGE
OR FARM?
CHECK OUR
DIRECTORY
FOR AREA
TRADESMEN**

1/2 hp or larger electric motor, 110 or 220 volts, call 457-2167 after 6 pm. (5)

BUSINESS SERVICES

**SEPTIC TANK PUMPING
ALL TYPES**
Holding Tank Contracts
24 Hour Service
JOE RIVERS
286-2057
R.R. 2, Minden

TOP CHEF - Fully qualified, for year-round resort lodge in Haliburton area. Required immediately. Apply P.O. Box 371, Minden. KOM 2K0

Cleaning Staff - Conscientious workers. For year-round resort lodge in Haliburton area. Required immediately. Apply P.O. Box 371, Minden. KOM 2K0

Wanted to Rent

WANTED TO RENT with option to buy. Quiet young couple with references. PO Box 536, Minden. (6)

WANTED

WANTED: Rabbit Cages! Must be wire, double cages with best box compartment 754-2530. (7)

Wanted: All types of scrap metals, copper, brass, battery lead, die cast, aluminum, rads, gen. & starters. Old cars, truck, machinery. MINDEN METALS, 489-2065 R R 2 Minden.

Dealer, Rep. Openings
We're expanding and need dealers to market popular lines of CBs, Marine, VHF & UHF Land Mobile and Antenna Inc. products. — Write to Cardon Canada, Box 937, Hamilton, Ont. (8-2c)

WANTED — Home for male St. Bernard, 3 years old, gentle, champion stock. Call 754-2461. (8)

HEAD SAWYER for sawmill. Must be experienced, call Hyland Lumber 457-1011. (9)

Call
J & S SERVICES
anytime for
PIANO TUNING and complete repairs.
ALSO
TV ANTENNA SALES,
Service and Expert Installation.
24 hr. Answering Service
Phone 457-2053

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now available in the area! For: Weddings, Anniversaries, Parties. Large selection of records and tapes for all types of music. Call Ray Woodward, 754-2040.

DISC JOCKEY MUSIC
all kinds, all occasions!
Pendulum Sounds
Kinmount — 488-2222 (41tfn)

NEED EXTRA INCOME?
Part time or full time, call Nick or Maria at 754-2461, evenings between 6 and 9 pm. (except Tuesday). (5tfn)

NOTICES

SKI CLINIC
Rent your ski equipment for a season, for a day, for a week or a weekend. USED & NEW Equipment Sale at discount prices: — Cross Country, Downhill Ski Boots, new Scott Boots, reg \$300, — now \$199., limited quantity.

Open for repairs, hot waxing, flat filing, edge filing, mounting ski bindings. Call Nick 754-2461 Eagle Lk (5-2c)

Forthcoming Marriage

Mr. and Mrs. L. Lichty, (of The Brown Owl) announce the engagement of their eldest daughter, Carol, to Chris Miles of Minden, son of Mr. and Mrs. Jim Miles of Barrie. Wedding to take place at Minden United Church on April 28, 1979 at 3:30 p.m. (9)

A surprise shower held in Haliburton Feb. 24, by the sisters of the groom, Susan White and Barrie and Sherri Cooper of Haliburton. A surprise miscellaneous show er was held Monday evening Feb. 26 at The Brown Owl, by Gwen Duncan. (9)

PROVISIONAL COUNTY OF HALIBURTON ROADS DEPARTMENT

ATTENTION TRUCKERS

All truckers who are interested in working for the Roads Department in 1979 are required to complete forms that are available from the County office. All forms to be returned by March 30, 1979.

W. E. Obee, County Engineer
Box 399, Minden, Ont. K0M 2K0
705-286-1762

TRAVEL SECTION

European "camping" holidays let people meet people



SYNDICATED TRAVEL NEWS — Young adults by the thousands are adventurously seeing Europe in different ways from their parents. That's the new trend if not the beginning of a travel revolution. That's what the experts in world travel say. And they also indicate that there's as much potential for adventure in foreign travel these days as ever.

Furthermore, adventurous travel can still be inexpensive. For example, the camping-type of touring holiday — which is the method Europeans have perfected over the years in visiting neighbouring countries — keeps costs down and opportunities for meeting other people high.

This kind of "camping" is a far different thing from "roughing it in the wilderness" familiar to North Americans. In Europe, people who travel this way enjoy the convenience of "camping villages", complete not only with showers, flush sanitation, electricity, restaurants and shops, but often discos, hairdressers, beaches or pools. And you pitch your own tent in a reserved spot. It's organized and economical.

For those travellers who want the economy of camping, plus the advantage of holiday arrangements in a package, there are now complete trips to the main tourist centres of Europe and even some which go east into Russia.

A typical camping trip — and one of the most popular with young-adult Canadians, according to the organizer, Goway Travel of Toronto — is a two week journey starting from London or Amsterdam and going to such historic places as Heidelberg, Munich, Innsbruck, Venice, Florence, Lake Como, Lucerne and Paris.

Cost of the trip is about \$365 in Canadian money, which includes ground transportation around the

circuit back to the starting point, accommodation in two-person tents (or indoors at special stopovers), a variety of excursions to famous "sights", and the service of the trained holiday courier and driver.

Some of the excursion highlights of this trip include Paris' renowned Pigalle district, a Munich beer hall, and Amsterdam's swinging Red Light area. There are canal cruises in Venice and Amsterdam, art galleries and museums in Munich, Paris and Florence, as well as scenic drives along the Rhine Valley and Lake Como, all in the package cost.

In fact about the only thing that isn't included (apart from the return airfare between Canada and Europe) is meals, and these have been arranged economically as an extra. It works on the "kitty" plan, whereby each traveller in the group puts in a set amount (in the case of this two-week trip it's \$40 Canadian) for breakfast and dinner each day. This approach to food organization has been perfected over several years and it works.

Of course, each traveller has to supply his own sleeping bag and air mattress or pad throughout the trip.

Not every night is spent in a tent. During the two-week trip there's a break at Innsbruck where accommodation is in the comfortable hotel. Travellers also receive a free suitcase.

For those young adults (the Goway organizers say most of their customers are in the 20s age group) who have more time to invest in a holiday, there's a 23-day camping trip from Amsterdam north through Scandinavia and into Russia, returning via Poland and Germany. It's a route filled with exotic cities and places . . . and opportunities for adventure.

The price for this complete Goway package is listed at \$585 Canadian,

and it includes a long list of sightseeing items, such as visits to the Bolshoi Ballet and Checkpoint Charlie.

Two nights are spent under the hospitable roofs of small hotels in Helsinki and Warsaw. At other times accommodation is in tents.

Another European tenting trip offered by the same travel organizer is for four weeks. It covers the Rhine district and through the Alps into Italy, but also includes southern France and northern Spain. It's a more leisurely journey, too, with two-night stopovers in eight cities, and three stops with indoor accommodation.

Food kitty costs for this trip are set at \$92 for breakfast and dinner throughout the holiday, while the basic price is \$550 Canadian.

For young adults who want the greater comfort of hotel accommodation while travelling, there are economical trips available for them where the stress is still on freedom, adventure and low cost. For example, a two-week European journey touching most of the same areas as the two-week tenting trip, has been packaged at a cost of \$558 Canadian.

Continental breakfasts are included at each hotel, but for other meals the traveller makes his own arrangements, although estimates of meal costs for the holiday can be supplied by the organizer.

Another trip, also in hotels, is for 21 days and costs \$782 Canadian. It concentrates a bit more on the Rhine, the Alpine districts, and Paris, with frequent two-day stopovers.

What these trips set out to prove to the young adult is that a European adventure holiday can be inexpensive. At the same time, a pre-arranged schedule permits the traveller to see the time-tested highlights along the way, and also get to know travellers from

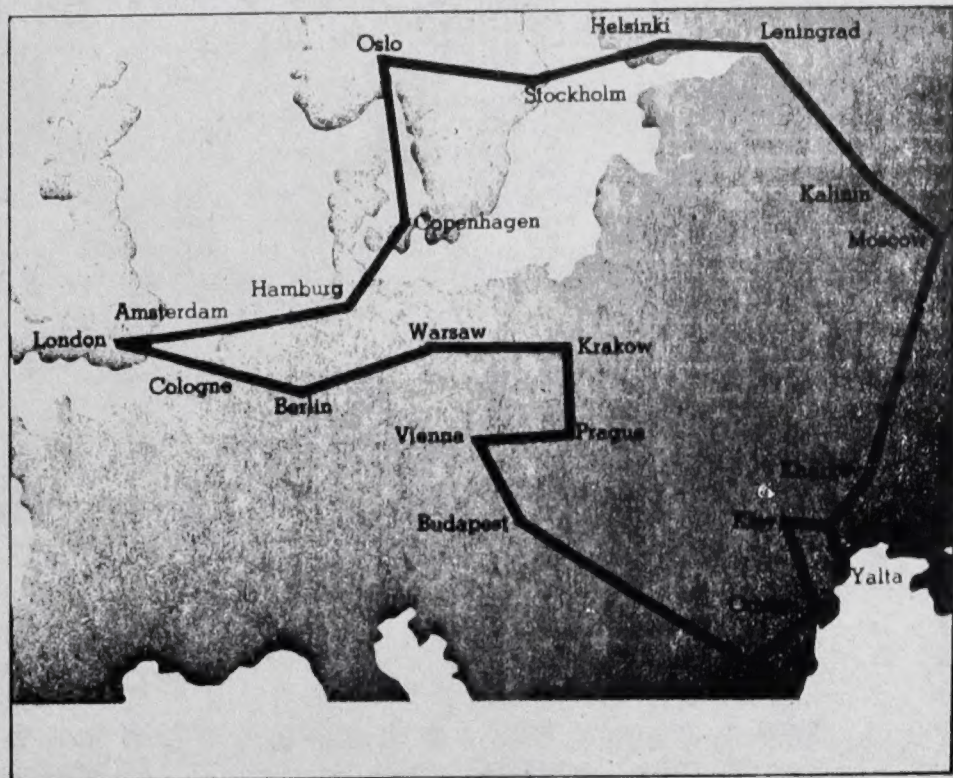
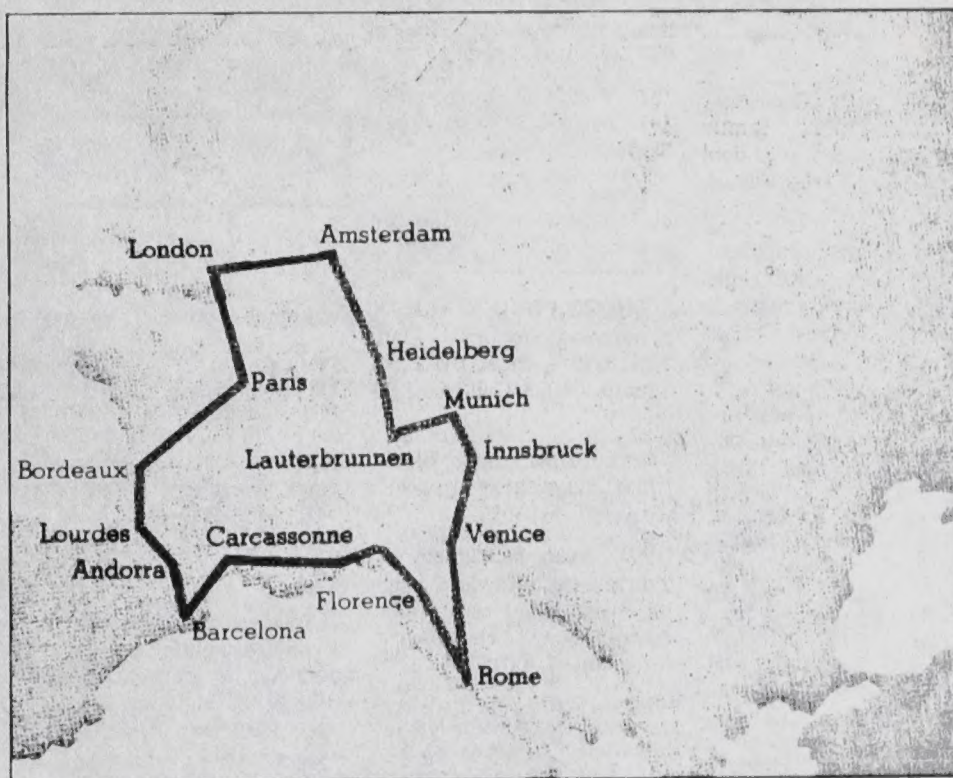
other countries.

In short, they try to remove the uncertainties of solo travelling* without spoiling the fun. And that's a very interesting contribution to modern travel.

Goway Travel in conjunction with the London-based Sundowners have developed a wide range of European camping holidays including special vacations to Russia, Scandi-

navia, Central Europe, Greece and North Africa.

For full details see your travel agent and ask for the Goway "Young Adult Adventure" brochure.



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Health & Beauty Aid's, Super Specials
Orient 32 oz.

BUBBLE BATH
many fragrances

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25% OFF

ALL WINTER CLOTHING,
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Valley Farm choice
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2 lb. bag

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sweet mixed, yum yum
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Bick's pickles
32 fl. oz. btl.

1.00



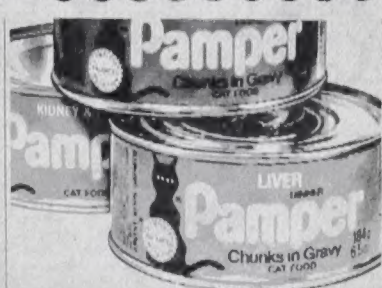
York fancy **whole
kernel corn**
12 fl. oz. tin

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Bravo plain
spaghetti sauce
14 fl. oz. tin

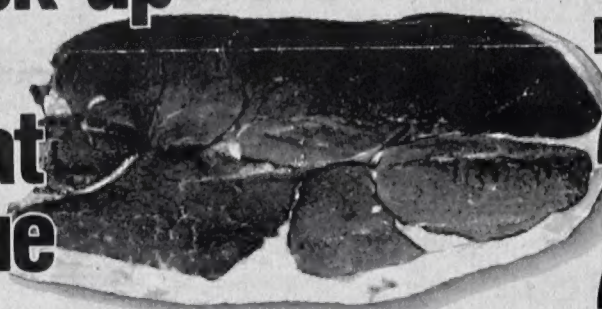
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Pamper assorted
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cut from Canada grade A beef
full slice
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lb. **2.88**

Schneiders chicken, bologna dutch
pickle & pimento, mac & cheese,
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bottom round roast**

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ideal for meat loaf or burgers
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lb. **2.98**
lb. **1.68**

Schneiders, quarter pound size
beef burgers
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Schneiders bacon

16 oz. pkg. ea. **1.88**
16 oz. pkg. ea. **1.68**

Schneiders
mini-sizzlers sausage
Schneiders beefsteak, pork, beef or chicken
meat pies

16 oz. pkg. ea. **1.65**
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Pride of Canada
cooked ham
Pride of Canada, boneless smoked
dinner pork shoulder

6 oz. pkg. ea. **1.18**
lb. **2.38**

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CUT OUT THESE VALUABLE COUPONS —

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corn oil
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Ultra Brite 100 mL tub **.99**

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pear halves 2 10 fl. oz. tin **.79**

Betty Crocker
snackin' cake 14 oz. pkg. **.89**

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apple sauce 4 fl. oz. tin **.43**

Christie's cookies
arrowroot 10 gram pkg. **.99**

regular
Tasters Choice 227 gr. **5.49**

Tetley orange pekoe
tea bags pkg. of 72 **1.69**

Chipsits assorted
baking chips 6 oz. pkg. **.89**

Ovaltine instant
hot chocolate 23 oz. jar **2.49**

Palanda assorted, in it's own juice
pineapple 19 fl. oz. tin **.59**

Prem
luncheon meat 12 oz. tin **1.19**

Kraft grated
parmesan cheese 8 oz. cont. **1.89**

McNair
popping corn 16 oz. pkg. **.39**

Nabisco
shredded wheat 450 gram pkg. **.69**

Quaker
harvest crunch bars 200 gram pkg. **.99**

cat food
Special Menu 1 kg. pkg. **1.09**

Ken L. Ration burger
dog food 2 kg. pkg. **2.89**

bathroom tissue
Lady Scott 2 roll. pkg. **.65**

all purpose cleaner
Lestoil 15 oz. cont. **.79**

Philips standard 40, 60, 100 watt
light bulbs pkg. of 2 **.49**

anti perspirant
Right Guard 150 mL cont. **1.59**

assorted Lipton
cup-a-soup pkg. of 4 **.59**

Weston
square boys 12 oz. pkg. **.99**

shampoo
Agree 225 mL cont. **1.59**

with fluoride mouthwash
Listerine 18 fl. oz. btl. **1.59**

frozen assorted
McCain cakes 18 oz. pkg. **1.39**

100% Florida 12 1/2 fl. oz. cont.
orange juice **.89**

Values effective until closing Saturday
March 3, 1979.

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Ont. Potatoes
10 lb. .69

READY TO SERVE
COLE SLAW

.39 each

B.C. Red Delicious
APPLES

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